

# January 2018 Middle School Lunch

## Meal Pattern

Choice of Entrée,  
Grain/Bread,  
Vegetable, Fruit,  
Milk

Milk Choices of 1%-  
14 or Fat Free  
Chocolate-20 are  
offered daily

Juice-14,  
Craisins/Raisins-29  
are offered daily

## Food Bytes

*Whole School, Whole  
Community,  
Whole Child*

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communi-



**five two one  
almost none**

This institution is an  
equal  
opportunity provider.  
Menu subject to

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
<p><b>HOLIDAY</b></p> 	<p><b>CLOSED TEACHER WORKDAY</b></p>	<p>Veggie Beef Soup-14 *Grilled Cheese-29 or *PB &amp; J-53 *French Bread Pizza-29 *Corn Dog-30 Garden Salad w/Egg-12 &amp; 2 *Breadsticks-26 Steamed Broccoli-5 Carrots-6 w/dip Straight Cut Fries-19 Local Fresh Apple-17</p>	<p>Mac &amp; Cheese-25 w/ Little Smokies Teriyaki Dipper –6 *Stuffed Crust Pizza-34 Chef Garden Salad-15 w/*Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 &amp; Tomatoes-3 Potato Wedges-18 Cornbread-25 Fresh Banana-27 Craisins-28</p>	<p>*Fish Fillet Sandwich-42 BBQ Dinner-17 w/ 4 Hushpuppies-30 *Pepperoni Pizza-43 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15</p>
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
<p><u>Breakfast for Lunch</u> Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 *Cheese Stuffed Sticks-30 w/Marinara *Popcorn Chicken-9 Garden Salad w/ Cheese-18 &amp; *2Breadstick-26 Grape Tomatoes-8, Tater Tots-14 Fresh Pear-23</p>	<p>*Chicken Fajita –30 *Cheese Quesadilla-30 *Stuffed Crust Pizza-34 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 &amp; Cheese-1 Black Beans-20, Corn-16 Straight Cut Fries-19 Local Fresh Apple-17 Craisins-28</p>	<p>*Ham &amp; Cheese Sandwich-33 *Cheeseburger-30 *Pepperoni Pizza-34 Garden Salad w/ Egg –27 &amp; 2 *Breadsticks-36 Carrots-6 w/ dip Potato Wedges– 18 Fresh Banana-27 Sliced Peaches-14</p>	<p>Chicken Alfredo-34 Teriyaki Dipper –6 w/ *Roll-29 *Stuffed Crust Pizza-34 Chicken Garden Salad-15 w/ *Roll-29 Seasoned Green Beans-3 Garden Side Salad-5 Crinkle Cut Fries-14 Local Fresh Apple-17 Pineapple Tidbits-19</p>	<p>*Cheese Stuffed Sticks-30 w/ Marinara 6 Chicken Rings –17 w/ *Breadstick-18 Steamed Broccoli-5 Glazed Carrots-19 Straight Cut Fries-19 Orange Slices-16 Fruit Cocktail-15</p>
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
<p><b>HOLIDAY</b></p> 	<p>*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Orange-16 Pineapple Tidbits-19</p>	<p>*Sloppy Joe Sandwich-37 *Corn Dog-30 Stuffed Crust Pizza-34 Garden Salad w/ Cheese –18 &amp; 2 *Breadsticks-36 Peas-11 Baked Sweet Potato-12 w/ cinnamon topping-11 Potato Wedges-18 Fresh Orange-16</p>	<p>Spaghetti-29 w/ *Breadstick-18 *Pepperoni Pizza-34 *Cheeseburger-30 Chicken Garden Salad-27 w/ *2 Breadsticks-36 Caesar side Salad-8 Mixed Veggies-4 Tater Tots-14 Fresh Local Apple-17 Applesauce-14</p>	<p>*Chicken Fillet Sandwich-42 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Local Fresh Apple-17 Sliced Peaches-14</p>
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<p>*BBQ Sandwich-43 *Popcorn Chicken-9 w/*Breadstick-18 *Cheese Stuffed Sticks-30 w/ Marinara Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Banana-27 Fruit Cocktail-15</p>	<p><b>CLOSED TEACHER WORKDAY</b></p>	<p>*Turkey &amp; Cheese Sub-35 *Chicken Fillet Sandwich-42 French Bread Pizza– 29 Garden Salad with Egg-18 &amp; 2 *Breadsticks-36 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 &amp; Lettuce-3 Fresh Nectarine-15 Pineapple Tidbits-19</p>	<p>Baked Ziti-40 w/2*Breadsticks-36 6 *Chicken Rings-17 w/ *Breadstick-18 *Stuffed Crust Pizza-34 Chef Garden Salad-15 w/ *Breadsticks-36 Caesar side Salad-8 Fresh Cucumber Slices-4 Potato Wedges-18 Fresh Banana-27</p>	<p>*Pepperoni Pizza-34 *Corn Dog-30 *Cheeseburger-30 Sweet Potato Crinkle Fries-19 Broccoli Cheese Soup– 23 Straight Cut Fries-19 Fresh Kiwi-11 Fruit Cocktail– 15</p>
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
<p>Salisbury Steak– 6 6 Chicken Nuggets-16 w/ *Roll-29 *Stuffed Crust Pizza-34 Egg Salad Wrap w/ lettuce &amp; carrots – 27 Mashed Potatoes-14 Gravy– 4 Seasoned Green Beans-3 Crinkle Cut Fries-14 Local Fresh Apple-17 Sliced Pears-15</p>	<p>*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 ,Cheese-1 Straight Cut Fries-19 Fresh Orange-16 Pineapple Tidbits-19</p>	<p><u>Breakfast for Lunch</u> Eggs, Sausage-1 or Chicken-7 Biscuit-28 or* French Toast -38 Gravy-10 *Cheese Stuffed Sticks-30 w/ Marinara *Popcorn Chicken-9 Garden Salad w/ Cheese-18 &amp; *2Breadstick-26 Grape Tomatoes-8,Tater Tots-14</p>		

\*Notes items that are whole grain or contain whole grain.  
Numbers listed to the right of each item are total carbohydrates in grams.